

Weathering the Storms of Life:

A conference on Managing Children's Mental Health

Community State Bank basement
801 West Main Street
West Branch, IA 52358

Date: 11/07/08

Time: 9:00 - 4:00



Presenter: Elayne P. Pearson

Elayne is a member of Upward Reach Foundation, designed to strengthen families with mental illness. She has 20 years experience as a parent/ advocate and educator for physically and mentally challenged people. She has been giving presentations since 1987 on such topics as Down Syndrome, ADD, ADHD, Autism, Children/Teen issues, stress management, Autism spectrum awareness, life balance for teens or kids, attitude adjustments, communication skills, poise/ grooming and behavior for girls and teens, goal setting, etc. She was also a presenter for drug prevention programs. Elayne is the author of "Learning to Dance in the Rain- A Mother's Holistic Approach to Helping Autism". We are excited to bring Elayne to Iowa!

This conference will address:

- Strengthening Communication Skills
- Stress Management- "Weathering the Storms of Life"
- Stress Management- Tools for Teens/ "So What Can Ya' Learn from Oz"
- Stress Management- "Sweet Tips for Kids from the Hundred Acre Woods"
- Autism Spectrum Awareness- "Living with Autism, the Trials and Triumphs"
- Mind, Body, Spirit Connection- "Feelin' Frumpy or Happy n' Healthy"

Schedule 11/07/08:

8:30 a.m.-9:00 a.m.
Registration

9:00 a.m.-11:50 a.m.
Communication & Family Stress Management

11:50 a.m.-12:50 p.m.
Lunch on your own

12:50 p.m.-4:00 p.m.
Teens & Children Stress Management,
Autism and Health & Well-Being

Free Book!

Elayne & Heidi's true story:
*Learning to Dance in the Rain- A Mother's
Holistic Approach to Helping Autism*

Registration

By October 31 \$80

After October 31 \$90

3+ from the same agency \$70

Students \$40

6 hours CEU's # _____

Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____

Mail copy of this form to:

Families, Inc.
P.O. Box 130
West Branch, IA 52358